

Mexican Lasagna

Outrageously popular and easy Mexican lasagna recipe. I make this easy dinner and best of all, this is also a healthy Mexican lasagna recipe! Try serving with this easy fresh salsa recipe.

Servings

10 SERVINGS

Ingredients

- 1 pound ground sirloin
- 1 (14 1/2-ounce) can chopped tomatoes with juice
- 1 (4-ounce) can chopped green chilies drained
- 2 teaspoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon minced garlic
- salt and pepper to taste
- 2 egg whites
- 2 cups reduced-fat or fat-free cottage cheese
- 14 6-inch corn or flour tortillas cut into quarters (corn for Gluten-free option)
- 1 1/2 cups corn
- 2 cups shredded reduced-fat Mexican blend cheese

Instructions

1. Preheat oven 350 °F. Coat 13x9x2-inch baking dish with nonstick cooking spray.

2. In large nonstick skillet, cook meat over medium heat until done. Add tomatoes with juice, green chilies, chili powder, cumin, garlic, and season to taste. Set aside.

3. In bowl, blend egg whites and cottage cheese well. Set aside.

4. Line baking dish with six quartered tortillas. Layer all the corn, half meat mixture, half cheese, four quartered tortillas, then all cottage cheese mixture, remaining half meat mixture, and remaining four quartered tortillas. Top with remaining cheese. Bake, uncovered, 30 minutes.

Recipe Notes

Calories 239 Protein 25g Carbohydrate 20g Fat 7g Calories from Fat 26% Saturated Fat 3g Dietary Fiber 3g Cholesterol 40mg Sodium 537mg Diabetic Exchanges: 3 lean meat, 1 starch, 1 vegetable

Terrific Tip: I prefer blending the cottage cheese in a food processor until it's smooth, however, ricotta cheese may be used for the cottage cheese.